



Did You Know???

AR 40-501, Standards of Medical Fitness, Sep 08, Para 10-13

Individual Responsibility states:

“Each ARNG /ARNGUS Soldier Is individually responsible for the maintenance of his or her medical, physical, and mental fitness. This includes correcting remediable defects, avoiding harmful habits, and weight control.”

The Army has programs to assist Soldiers in meeting their obligations. Contact your Readiness NCO for more information.

